

Breakfast Menu



Catering Tailored for You

Established since May 2004 with
Gold Award Winning Green Credentials.

- ~ Weddings
- ~ Parties
- ~ Birthdays
- ~ Funerals
- ~ Corporate Meetings
- ~ Any Event that We Can Help You with!

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Supporting Local Communities and Charities whilst caring for our Environment

'Supporting local communities and charities whilst caring for our environment'

At How Can We Help You? all our menus have been created using only the freshest local ingredients, using our reliable, trusted sources and farmers. From organic vegetables and free range dairy to grass-fed beef and lamb. We pride ourselves on our wide, diverse range of choices available to our clients including Kosher and Halal food. However, it is important to work with you to create the perfect menu and we therefore



listen closely to your requirements and requests. We are proud of our flexibility when it comes to making everything exactly as you want it however lavish or simple it may be. Your personal touch is what makes a menu and we thrive on making it perfect for each individual client. Our food is based on classical dishes with a modern influence and provides value to the client through quality food, presentation and service.



.....local organic and free range produce is used where possible

Sustainability is about protecting the environment but also involves economic growth and personal responsibility

We closely follow our Environmental Policy, Recycling Scheme and strict regulations, our clients are aware of how important it is for us to be sustainable and continue to be as green as possible. We focus largely on conserving resources whilst maintaining complete safety and using non harmful chemicals and cleaning products. Whilst using these practices we are determined to never compromise on quality and value. We go over and beyond standard procedures to do our part in creating a cleaner, greener environment that our clients can be proud of.

Looking after each other, our communities and our planet!!!

Cookery, like eating, is enjoyable, sociable and nourishing. It's also a practical way of promoting great fresh food which is our passion. We feel a sense of satisfaction when bringing people together with great food. Cooking gives us the chance express ourselves creatively while doing something practical with fantastic. Cooking and eating together is a simple way of connecting with others. It helps individuals, families and communities to be healthier, more aware and in tune with the natural rhythms of life. Food is our passion:

- ◇ cooking and enjoying good, fresh food
- ◇ using fresh, locally sourced ingredients
- ◇ understanding our food and where it comes from
- ◇ sharing and eating food with other people
- ◇ passing on our skills and knowledge
- ◇ working with each other and our community to create a sustainable food system for us all

.....delivering exquisite food and memorable events for everyone



Breakfast Menus

Prices include set up on clothed buffet tables, crockery & cutlery, quality disposable napkins and washing of dirty dishes. Unless specified uniformed waiting staff can be provided for an extra £15 per person per hour to serve and clear up leaving you nothing to do but relax and enjoy the occasion.

Prices are subject to VAT and exclude travel expenses, any furniture, marquee and linen hire. Minimum order 10 people.

Breakfast bar

Available for 30 people or more and includes waiting staff and chefs. This can include Omelette stations, build your own Breakfast, selections of Panini's Continental Breakfast items and light bites and a wide variety of Fruits, Juices and Teas and Coffees.

£14.00 per person

Breakfast Items



Platter of Cured Meats and Light Cheeses £3.00 per person

Selection of Danish and French Pastries £2.50 per person

Croissants, Butter & Jam £2.00 per person

Basket of Fresh Fruits £1.50 per person

Platter of Fresh Fruit with Plain Yoghurt £2.00 per person

Cereal Bars £1.00 each

Bacon Baps with Sauces £2.95 each



Drinks Selection

Chilled Orange, Apple, Pineapple or Cranberry Juices 200ml @ £1.20 each

Filter Coffee, Hot Chocolate and Selection of Teas with Milk and Sugar @ £1.95 per person

Freshly Squeezed Orange and Pressed Apple Juices 200ml @ £1.95 each

Smoothies: Strawberry & Banana or Orange & Mango 200ml @ £1.95 each

Sparkling and Still Mineral Water with glasses 500ml @ £1.00 each

Full English Buffet

Full English breakfast menu can be cooked on your premises by professional chefs. Alternatively, we can deliver the hot menu below and set up with an electric serving unit and/or chafing dishes.

Fresh Creamy Scrambled or Fried Eggs, Grilled Bacon, Sausage and Tomato, Mushrooms and Hash browns, served with a choice of Brown Sauce and Tomato Ketchup.

~ ♦ ~

White and Brown Toast with Butter and Preserves

~ ♦ ~

Fresh Filter Coffee or Breakfast Tea

Choice of Chilled Fruit Juices

£9.95 per person

Pricing & Dietary Requirements

Trust

We are happy to take responsibility for ensuring that the occasion is set up and ready for your guests' arrival. We will supply a team you can trust who will keep your guests relaxed and refreshed and clearing away leaving everything clean, neat and tidy as we found it – so you do not need to consider or do anything. The only thing we leave behind is a lovely memorable occasion for you and your guests to remember us by. With many affiliations, accreditations and awards with FSB, The Guild, including Green Achiever Gold Award to name a few, the company is growing from strength to strength.



Special Diets, Range and Availability

If you have any people with particular allergies or special dietary requirements in your party we can cater for them individually but must be notified to How Can We Help You at least 3 working days prior to the event. All goods and ingredients are offered subject to availability. If an item becomes unavailable, or is of insufficient quality to be provided for a clients function, we reserve the right to make a substitution. Wherever possible the client will be notified of any changes.

Menus include staff but we can supply additional staff to help with your event:

Operations Manager	£30 p/h	Mixologist / Cocktail Flarer	Price on Request
Event Manager	£25 p/h	Cocktail Bartender	Price on Request
Supervisor	£20 p/h	Food & Drinks Waiting Staff	£15 p/h
Head Chef	£25 p/h		
Chef	£20 p/h		
Kitchen Porters	£10 p/h		

On Bank and Public Holidays cost will be time and a half.
Christmas Day and New Year's Eve costs will be double.

Placing Your Order and Payment

On booking Catering and Hospitality Group - a deposit of 50% of the approximate total cost will be required to hold and confirm your date and final numbers of guests with any last minute requests are required 3 working days prior to the event. The final invoice will be adjusted accordingly request payment within 5 working days after the event. Please see our terms and conditions.

Prices

Prices are subject to VAT and are correct at time of going to print. Catering and Hospitality Group reserves the right to alter its equipment, menus and prices and is subject to seasonal variations. All prices quoted are for the specified number of guests. Prices do not include any provision for mobile kitchens which may be necessary for some menus dependent on what facilities are available at the chosen site. In an addition please enquire for travel expenses to the event destination. Catering on Bank and Public Holidays will cost an additional 25%, New Year's Eve will cost an additional 40% and Christmas Day will cost an additional 50% on the whole invoice.